

# A BRIEF HISTORY OF PHYSICAL EDUCATION

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AMERICAN GYMNASIUM UNION

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## PREFACE

The history of any subject may be taken as a means of measuring its progress. It provides data for comparison of past and present with respect to the importance and influence of the subject. It constitutes a record of experiments and achievements and demonstrates the relationship existing between certain elements in civilization and the status of the subject in a particular society. Only through the study of history can a broad and appreciative view of the subject be obtained.

This book is a history of physical education from early times to the present. Its purpose is to give the undergraduate student an overview of the position physical education has occupied throughout the years in civilized society. It discusses those political, social, and religious situations which determine the character of a given society and which reflect the physical activities of its people. For example, the book explains why one religious group promoted the development of physical power while another stifled it and why certain countries under the influence of a dominating political power supported a vigorous physical training program while others under similar influence had no program of any consequence. The theories and methods of the leaders, the heritages from early movements, as well as the relationship which physical education has borne to general education, receive attention.

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The material of the book is organized in three parts. Part I highlights the beginnings of physical education in ancient oriental cultures, in Greece, and in Rome. Part II reviews the place physical education held in the Dark Ages, the Age of Chivalry, the Renaissance, the Age of Realism, and the Age of Enlightenment; and then it presents the background of physical education in various modern European countries and other selected countries of the world. Part III treats the history of physical education in the United States from colonial times to the present.

The history of the physical education movement in the United States is of considerable importance because the program is more highly organized than those in other countries. For this reason, the devotion of one half of the text to the development of the United States program seems warranted. The heritages from early movements, combined with the knowledge of current activities, afford the student of physical education a sound basis not only for understanding the present status of physical education but also for judging the trends which may occur in the years ahead.

Since the objective of this book is to give the beginning student an overview of the status of physical education, past and present, we have not prepared an exacting, detailed reference work, nor have we attempted to cover every country. Also, we have felt it unnecessary to include an elaborate bibliography. We have included, however, a chapter-by-chapter list of those important publications in the history of physical education which have been used as sources of information in the preparation of this fourth edition. In addition, many of the old books and foreign publications cited by Emmett A. Rice, who wrote the original edition in 1926, have been retained for their historical value.

The Appendix lists the many organizations which have played a part in the development of physical education in the United States, the names of their officers through 1963, and those persons honored for their service to the profession. In addition, the biographical sketches in Part II accord rec-

ognition to those whose contribution has been of major significance. Sketches of leaders still living have not been included, since these persons have not yet made their total contribution to the profession.

We express our appreciation to those who cooperated in supplying information and photographs. In particular we wish to acknowledge our indebtedness to *Mind and Body* and the *American Physical Education Review*, which through their many years of publication offer rich sources of historical material; to the valuable historical research work of Dorothy Ainsworth, Ruth Elliott, Edward Mussey Hartwell, Ruth E. Houston, A. G. Kindervater, Frederick E. Leonard, and Frederick Leuhring; and to the national offices of the National Recreation Association, the Young Men's Christian Association, and the Young Women's Christian Association, for their kindness in furnishing historical data on their organization work. For illustrative material we wish to thank Oberlin College for the photograph of Delphine Hanna; Wellesley College for permission to reproduce the portrait of Amy Morris Homans; the University of Pennsylvania for permission to reproduce the portrait of Robert Tait McKenzie; Lea and Febiger, Publishers, for illustrations of Edward Mussey Hartwell and Harvard University's Hemenway Gymnasium; and the American Association for Health, Physical Education, and Recreation for illustrations of Edward Hitchcock, Dudley A. Sargent, Luther Halsey Gulick, and Thomas D. Wood.

John L. Hutchinson  
Mabel Lee



## EMMETT A. RICE

It was while teaching at the Normal College of the American Gymnastic Union in Indianapolis, Indiana, that my father was inspired to write a textbook concerned with the history of physical education. Through his classroom experiences he became aware of the fact that a brief, authentic study of physical education, its growth and its relationship to general education through the ages, was needed for a broader and more appreciative understanding of this subject and its place in the field of education.

He saw the progress of physical education as "a great movement with many undercurrents, co-existent with civilization itself and as a part of general education." With this concept in mind he undertook the writing of *A Brief History of Physical Education*, which was first published in 1926.

Shortly after my father was born in Cuba, Indiana, February 2, 1893, his family moved to the nearby town of Spencer. Here he attended grade school and was graduated from high school in 1911. While a student at Indiana University, he spent his summers teaching, first in a rural school near Spencer, then in the high schools of Bloomington, Worthington, and Brazil.

In 1916 he received an A.B. degree from Indiana University and in 1919 an M.A. degree. In that same year he became an instructor in the history department of Shortridge High



School in Indianapolis and in 1920 met and married Lillie Gally, a physical education teacher in the same school. During the next few years his teaching activities took him into the Normal College of the American Gymnastic Union where, with my mother's devoted assistance, the research and writing of his book was begun.

In 1926 he was appointed vice-principal of Shortridge High School and held that position until 1943, when he was made director of special youth services. In this capacity he headed the summer high school program, evening high school, and an afternoon recreation and activities program in areas of the city unserved by any other agency. In 1946 he became director of physical education and health for the Indianapolis public schools and remained in this position until his death, December 23, 1947.

As an educator my father was intensely interested in youth, in the trends of modern education, and in the problems of the world about him; as an historian he strove to enlighten, interpret, and evaluate in the light of past experience and knowledge.

Highland Park, Ill.  
January, 1958

Patricia Rice McArdle

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## Part I

# Physical Education in Ancient Cultures



## ASSOCIATIONS, OFFICERS, AND AWARDS

### AMERICAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION AND RECREATION

#### Presidents

*Under name: American Association for the Advancement of Physical Education*

1885-87 . . . .	Edward Hitchcock (1828-1911)	1894-95 . . . . .	Jay W. Seaver (1859-1915)
1887-90 . . . . .	William Blaikie (1843-1904)	1895-99 . .	Edward M. Hartwell (1850-1922)
1890-91 . . . .	Dudley A. Sargent (1849-1924)	1899-1901 . .	Dudley A. Sargent (1849-1924)
1891-92 . .	Edward M. Hartwell (1850-1922)	1901-3 . . . . .	Watson L. Savage (1859-1931)
1892-94 . . . .	Dudley A. Sargent (1849-1924)		

*Under name: American Physical Education Association*

1903-7 . . . . .	Luther H. Gulick (1865-1918)	1929, 1930 . . . . .	Frederick W. Maroney (1884-1958)
1907 (March on) through 1911	George L. Meylan (1873-1960)	1931 & 1932 (Jan.-Apr.) . . . . .	Mabel Lee (1886- )
1912 through 1915 . . . . .	R. Tait McKenzie (1867-1938)	1932-33 . . . . .	Jesse F. Williams (1886- )
1916 . . . . .	Earnest H. Arnold (1865-1929)	1933-34 . . . . .	Mary Channing Coleman (1882-1947)
1917, '18, '19 . . . . .	William H. Burdick (1871-1935)	1934-35 . . . . .	Strong Hinman (1893- )
1920, '21, '22 . .	Dudley B. Reed (1878-1955)	1935-36 . . . .	Agnes R. Wayman (1880- )
1923, '24, '25 . .	Carl L. Schrader (1872- )	1936-37 . .	William G. Moorhead (1886-1954)
1926, '27, '28 . . . . .	Charles W. Savage (1869-1957)		

*Under name: American Association for Health and Physical Education*

1937-38 . . . .	Charles H. McCloy (1886-1959)
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*Under name: American Association for Health, Physical Education and Recreation*

1938 (Apr.-Sept.) . . . . .	1950-51 . . Dorothy S. Ainsworth
Neils P. Nielson (1893- )	(1894- )
1938-39 . . Frederick W. Cozens	1951 (Apr. 20-22) . . . . .
(1890-1953)	Frank S. Stafford (1903-51)
1939-40 . . . . . Margaret Bell	1951-52 . . . . . Bernice R. Moss
(1888- )	(1906- )
1940-41 . . . . . Hiram A. Jones	1952-54 . . . Clifford L. Brownell
(1899-1945)	(1895- )
1941-42 . . Anne Schley Duggan	1954-56 . . . . . Ruth Abernathy
(1905- )	(1908- )
1942-43 . . . . . Jay B. Nash	1956-58 . . . . . Ray O. Duncan
(1886- )	(1906- )
1943-44 . . . August H. Pritzlaff	1958-59 (Jan.-Mar.) . . . . .
(1894- )	Patric R. O'Keefe (1902-59)
1944-46 . . . William L. Hughes	1959 (Mar.-Apr.) . . . . .
(1895-1957)	Arthur A. Esslinger
1946-47 . . . . . Helen Manley	(Acting President)
(1894- )	1959-60 . . . Arthur A. Esslinger
1947-48 . . Vaughan S. Blanchard	(1905- )
(1889- )	1960-61 . . . . . Minnie L. Lynn
1948-49 . . . . . Ruth Evans	(1902- )
(1908- )	1961-62 . . . . . Arthur S. Daniels
1949-50 . . . . . Carl L. Nordly	(1906- )
(1901- )	1962-63 . . . . . Anita Aldrich
	(1910- )

**Secretary-Treasurer-Editor**

1907 through 1929 . . . . .	1930-38 . . . . . Elmer D. Mitchell
James H. McCurdy (1866-1940)	(1889- )

**Executive Secretaries**

1938-43 . . . . . Neils P. Neilson	1948- . . . . . Carl A. Troester, Jr.
(1893- )	(1917- )
1943-48 . . . . . Ben W. Miller	
(1909- )	

**Recipients of Gulick Awards**

1923 . . . . . Luther H. Gulick	1928 . . . Clark W. Hetherington
(Posthumous award)	1929 . . . . . George J. Fisher
1924 . . . . . Jessie H. Bancroft	1939 . . . . . Jesse F. Williams
1925 . . . . . Thomas D. Wood	1940 . . . . . Jay B. Nash
1926 . . . . . Thomas A. Storey	1944 . . . . . Charles H. McCloy

1945 . . . . . William G. Anderson	1954 . . . . . William L. Hughes
1946 . . . . . Ethel Perrin	1955 . . . . . Carl L. Nordly
1947 . . . . . Blanche M. Trilling	1956 . . . . . Rosalind E. Cassidy
1948 . . . . . Mabel Lee	1957 . . . . . Clair V. Langton
1949 . . . . . Elmer D. Mitchell	1958 . . . . . Helen Manley
1950 . . . . . Elizabeth Burchenal	1959 . . . . . Delbert Oberteuffer
1951 . . . William Ralph LaPorte	1960 . . . . . Dorothy Ainsworth
1952 . . . . . Charles W. Savage	1961 . . . . . Neils P. Neilson
1953 . . . . . Frederick W. Cozens	

**Recipients of Anderson Awards (Physical Educators Only)**

1949 . . . . . Mazie V. Scanlon	1953 . { Margaret C. Brown
1951 . . . { Helen Manley	{ Thomas E. McDonough
{ Seward C. Staley	1954 . . . { Elwood C. Davis
{ Arthur H. Steinhaus	{ Clair V. Langton
1952 . . . { Bernice R. Moss	{ James E. Rogers
{ Agnes R. Wayman	1959 . . . . . C. Ward Crampton

**Recipients of Honor Awards**

The 283 recipients from 1931 through 1957 are listed in the October, 1957, *Journal of Health, Physical Education, and Recreation*. For subsequent awards, see each year's October issue of the *Journal*. (As a rule, photographs as well as biographical sketches of receivers of all AAHPER awards appear in the October issue of the *Journal*.)

**AMERICAN ACADEMY OF PHYSICAL EDUCATION**

**Charter Members (according to numbers assigned each fellow)**

1. Clark W. Hetherington	16. (Cancelled)
2. R. Tait McKenzie	17. William Ralph LaPorte
3. William H. Burdick	18. Charles W. Savage
4. Thomas A. Storey	19. John F. Bovard
5. Jay B. Nash	20. Paul C. Phillips
6. Carl L. Schrader	21. Arthur S. Lamb
7. James H. McCurdy	22. (Cancelled)
8. Jessie H. Bancroft	23. John Brown, Jr.
9. Wilbur P. Bowen	24. J. Anna Norris
10. Dudley B. Reed	25. E. C. Schneider
11. Howard S. Braucher	26. Elmer D. Mitchell
12. Amy Morris Homans	27. Charles H. McCloy
13. William A. Stecher	28. Elizabeth Burchenal
14. Earnest H. Arnold	29. Arthur H. Steinhaus
15. George L. Meylan	



## Presidents

1926-30. . . . . Clark W. Hetherington (organizing chairman)	1951-52 . . . . . Seward C. Staley
1930-38 . . . . . R. Tait McKenzie	1952-53 . . . . . David K. Brace
1938-39 . . . . . Mabel Lee (Acting President)	1953-54 . . . . . Neils P. Neilson
1939-41 . . . . . John Brown, Jr.	1954-55 . . . . . Elmer D. Mitchell
1941-43 . . . . . Mabel Lee	1955-56 . . . . . Anna S. Espenschade
1943-45 . . . . . Arthur H. Steinhaus	1956-57 . . . . . Harry A. Scott
1945-47 . . . . . Jay B. Nash	1957-58 . . . . . Charles C. Cowell
1947-49 . . . . . Charles H. McCloy	1958-59 . . . . . Delbert Oberteuffer
1949-50 . . . . . Frederick W. Cozens	1959-60 . . . . . Helen Manley
1950-51 . . . . . Rosalind E. Cassidy	1960-61 . . . . . Thomas E. McDonough
	1961-62 . . . . . M. Gladys Scott
	1962-63 . . . . . Fred V. Hein

PRESIDENTS OF  
THE COLLEGE PHYSICAL EDUCATION ASSOCIATION

1897 Edward Hitchcock	1929 A. I. Prettyman
1898 Jay W. Seaver	1930 William Ralph LaPorte
1899 Dudley A. Sargent	1931 T. N. Metcalf
1900 William G. Anderson	1932 O. F. Cutts
1901 R. Tait McKenzie	1933 George E. Little
1902 Paul C. Phillips	1934 William L. Hughes
1903 Watson L. Savage	1935 C. L. Brewer
1904 R. Tait McKenzie	1936 E. L. Mercer
1905, 1906 George L. Meylan	1937 W. J. Livingston
1907, 1908 Thomas A. Storey	1938 Harold S. Wood
1909 R. Tait McKenzie	1939 L. C. Boles
1910, 1911 Amos Alonzo Stagg	1940 Harry A. Scott
1912 Fred E. Leonard	1941 Oliver K. Cornwell
1913 W. A. Lambeth	1942 Elwood C. Davis
1914 James A. Naismith	1943 Carl P. Schott
1915 Charles W. Savage	1944 Delbert Oberteuffer
1916 C. V. Young	1945, 1946 A. W. Marsh
1917, 1918 Joseph M. Raycroft	1947 Carl L. Nordly
1919, 1920 Edwin Fauer	1948 Lloyd M. Jones
1921 Frederick W. Luehring	1949 Louis F. Keller
1922 Edgar Fauver	1950 Glenn W. Howard
1923 James H. McCurdy	1951 Thomas E. McDonough
1924 John Herbert Nichols	1952 F. J. Hoeter
1925 William H. Geer	1953 Elmer D. Mitchell
1926 Dudley B. Reed	1954 William F. Meredith
1927 A. W. Marsh	1955 Seward C. Staley
1928 Jesse F. Williams	1956 E. B. Smith

1957 Arthur S. Daniels	1960 Raymond Snyder
1958 John H. Shaw	1961 Joy W. Kistler
1959 C. O. Jackson	1962 Richard E. Jamerson

PRESIDENTS OF THE NATIONAL ASSOCIATION OF  
PHYSICAL EDUCATION FOR COLLEGE WOMEN

1924-25 . . . . . Lydia Clark	1945-47 . . . . . Gertrude Manchester
1925-26 . . . . . Alice Belding	1947-49 . . . . . Helen W. Hazelton
1926-27 . . . . . Mabel Lee	1949-51 . . . . . Irene A. Clayton
1927-29 . . . . . Mary E. Gross	1951-53 . . . . . Pauline Hodgson
1929-32 . . . . . Gertrude E. Moulton	1953-55 . . . . . Laura J. Huelster
1932-34 . . . . . Ruth Elliott	1955-57 . . . . . Ruth M. Wilson
1934-37 . . . . . Rosalind E. Cassidy	1957-59 . . . . . Lucille H. Verhulst
1937-41 . . . . . Dorothy S. Ainsworth	1959-61 . . . . . Esther French
1941-43 . . . . . Elizabeth Kelly	1961-63 . . . . . Wilma Gimmestad
1943-45 . . . . . Elizabeth Halsey	

PRESIDENTS OF THE SOCIETY OF STATE DIRECTORS OF  
HEALTH, PHYSICAL EDUCATION, AND RECREATION

1926-27 . . . . . Carl L. Schrader	1945-46 . . . . . George W. Ayars
1927-28 . . . . . William H. Burdick	1946-47 . . . . . Thomas C. Ferguson
1928-29 . . . . . Allen G. Ireland	1947-48 . . . . . Charles E. Spencer
1929-30 . . . . . E. W. Everts	1948-49 . . . . . Paul E. Landis
1930-31 . . . . . Elliott V. Graves	1949-50 . . . . . Ray O. Duncan
1931-33 . . . . . William G. Moorehead	1950-51 . . . . . Julian W. Smith
1933-34 . . . . . Neils P. Neilson	1951-52 . . . . . Verne S. Landreth
1934-35 . . . . . C. J. Prohaska	1952-53 . . . . . Ellis H. Champlin
1935-36 . . . . . G. K. Hendricks	1953-54 . . . . . Robert Yoho
1936-37 . . . . . Jessie R. Garrison	1954-55 . . . . . Harley Robertson
1937-38 . . . . . W. H. Orion	1955-56 . . . . . Elmer B. Cottrell
1938-39 . . . . . Hiram A. Jones	1956-57 . . . . . George J. Sirmio
1939-40 . . . . . Harry Edwards	1957-58 . . . . . Vaughn Hall
1940-41 . . . . . Jess W. Hair	1958-59 . . . . . Raymond Maguire
1941-42 . . . . . Bernice R. Moss	1959-60 . . . . . Zollie Maynard
1942-43 . . . . . Alice G. Aldrich	1960-62 . . . . . George H. Grover
1943-44 . . . . . Harold K. Jack	1962-63 . . . . . Orlo Miller
1944-45 . . . . . Frank S. Stafford	

CHAIRMEN OF  
DIVISION FOR GIRLS AND WOMEN'S SPORTS

*Under name: National Committee on Women's Sports*

1917-21 . . . . . Elizabeth Burchenal	1925-27 . . . . . Katherine Sibley
1921-25 . . . . . Blanche M. Trilling	





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